EFFECT OF YOGIC INTERVENTION ON PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES OF NURSING STUDENTS

By
Rohit Kumar
PH2016-272

Co-Supervisor
Dr. Subramanya Pailoor
Associate Professor
Central University of Kerala

Supervisor
Dr. Krishna Kant Sahu
Associate Professor
LNIPE, Gwalior

Synopsis

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Certificate

I hereby declare that the short synopsis **"EFFECT OF YOGIC INTERVENTION ON PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES OF NURSING STUDENTS"** being submitted in partial fulfilment of the requirement for the degree of Doctor of Philosophy in Yoga under Department of Yogic Sciences of Lakshmibai National Institute of Physical Education, Gwalior (M.P.) year 2021- 2022.

It is a Bonafide record of original work carried out under the supervision of Dr. Krishna Kant Sahu and has not been submitted in full or part to any other university or institute for a degree or diploma.

(Rohit Kumar)
Reg.no.PH2016-272

Dr. Krishna Kant Sahu
Associated Professor,
LNIPE Gwalior

(Chairman, DRC)

ABSTRACT

Nursing students often experience high levels of stress due to both academic pressures and clinical practice, with clinical exposure contributing more significantly to psychological and physiological strain. This persistent stress can negatively impact their mental well-being, physical health, and academic performance. The present study aims to evaluate the effectiveness of yogic intervention on selected physiological and psychological variables among nursing students. A total of 50 female nursing students, aged between 18–25 years, were randomly selected and divided into experimental and control groups. The experimental group underwent a 12-week yogic training program consisting of selected Yoga asanas, Pranayama, and Om meditation. The study focused on two physiological variables breath holding capacity and pulse rate and three psychological variables emotional intelligence, self-esteem, and academic anxiety. Standardized tools were used for psychological assessments, including the Emotional Intelligence Scale, Rosenberg Self-Esteem Scale, and Academic Anxiety Scale. Data were collected before and after the intervention. Statistical analysis involved descriptive statistics and ANCOVA, with a significance level set at 0.05. The findings are expected to support the use of yoga as an effective and low-cost strategy to enhance both physical and mental health in nursing students, thereby improving their overall well-being and professional efficiency.

Keywords: Nursing Students, Psychological Well-being, Emotional Intelligence, Anxiety, Self – esteem, Physiological Variable, Breathing hold Capacity, Pulse rate.

CONTENTS

S.No.	Description	Page No.
1	Introduction	1-5
2	Literature Review	6-10
3	Research Methodology	11-12
4	Expected Outcome of the Research	13
	Reference	14-15

INTRODUCTION

Nursing students, often juggling academic and clinical responsibilities, face significant stress due to the dual pressures of theoretical education and the emotionally and physically demanding nature of clinical practice. This stress is not only pervasive but can have a lasting impact on their mental well-being, physical health, and academic performance. Studies have shown that nursing students tend to experience higher levels of stress compared to other students, with clinical practice contributing to a greater extent to their psychological and physiological strain (J Clin Diagn Res, 2017). The challenges of clinical environments, which can involve life-or-death decisions, expose students to substantial emotional and physical stress, leading to anxiety, burnout, and reduced academic performance.

In particular, the demands placed on nursing students in hospital settings—where clinical practice is carried out under tight schedules and under the watchful eyes of instructors and healthcare professionals—often result in heightened stress levels. Research indicates that nursing students not only face pressure to perform academically but are also subjected to emotionally taxing situations that can lead to poor mental health outcomes, including feelings of inadequacy, low self-esteem, and even emotional exhaustion (J. Phys. Ther. Sci., 26: 2003–2006, 2014). These stressors can manifest in both psychological and physiological symptoms, such as increased heart rate, muscle tension, irritability, and poor sleep quality, all of which negatively affect their overall quality of life (Iran J Nur's Midwifery Res, 2014).

Perceived stress among nursing students has been linked to an array of health concerns, such as gastrointestinal issues, headaches, and anxiety disorders. In some cases, the persistent mental strain can evolve into chronic conditions, negatively impacting students' ability to engage fully in their academic work and affecting their clinical performance. Therefore, addressing this stress is essential not only for the immediate well-being of nursing students but also for ensuring the effectiveness of healthcare training and the development of competent professionals in the field.

Given the high levels of stress and its detrimental effects on both mental and physical health, there is a growing need for interventions that can effectively reduce stress among nursing students. While various interventions exist, including counselling and relaxation techniques, one promising intervention is yoga. Yoga, an ancient practice that integrates physical postures (asanas), controlled breathing (pranayama), and meditation (dhyana), has been widely studied for its effectiveness in reducing stress and promoting overall well-being (J Clin Diagn Res, 2017). Numerous studies have shown that yoga has a positive impact on reducing the physiological markers of stress, such as heart rate and blood pressure, while

simultaneously improving psychological outcomes, such as emotional regulation, self-esteem, and anxiety management.

Yoga's benefits are attributed to its ability to activate the parasympathetic nervous system, which helps to counteract the body's stress response. The physical postures and breathing exercises performed during yoga practice facilitate the relaxation of both the mind and body. Breathing exercises, in particular, have been shown to reduce sympathetic nervous system activity, which is responsible for the body's "fight-or-flight" response during times of stress, and increase parasympathetic activity, which promotes relaxation and recovery (J. Phys. Ther. Sci., 26: 2003–2006, 2014). Furthermore, meditation during yoga practice has been linked to increased mindfulness, emotional stability, and a reduction in anxiety, all of which are particularly beneficial for nursing students who are often under constant emotional pressure in both academic and clinical settings.

As per a systematic review conducted till 2010, reported sources of stress in nursing students are related to their academic activities and clinical practice. However, perceived stress was associated more with the clinical practice than the academic demands, resulting in more psychological symptoms and also gastrointestinal symptoms. Considerably, nursing students have more stress and anxiety than other students, especially more in female students. So, there is a need for physical activity and stress management in nursing students to maintain their health

Indeed, physical fitness is associated with perceived physical and psychological health. Nursing students have reported poor to moderate levels of physical fitness and this needs to be addressed through appropriate intervention. Yoga is an effective practice to reduce stress and improve psychological well-being. Hence, the present study was designed to evaluate the effectiveness of eight-week yoga intervention to reduce perceived stress and to enhance psychological well-being among nursing students. *(Mathad et al., 2017)*

There are various ways to reduce stress, and one of them is yoga. Yoga, which integrates various postures, breathing exercises, and meditation, is beneficial in reducing stress. The mechanisms by which yoga influences well-being are likely complex biochemical and physiological mechanisms consisting of reduced sympathetic nervous tone, activation of antagonistic neuromuscular systems, and stimulation of the limbic system. Therefore, yoga has been reported to lower levels of sympathetic hormones. That is to say, breathing exercises during yoga practice reduce sympathetic tone, increases parasympathetic activity, and help to reduce stress in yoga Practitioners. Meditation also brings about a hypo metabolic state and reduces stress induced by sympathetic over activity. In previous studies, researchers have indicated that yoga intervention played an effective role in decreasing stress and improving general well-

being in medical students. In spite of its known positive effects on physical and psychological variables, no studies have been conducted with yogic programs to manage nursing students' life stress.

Hence, the purpose of this randomized controlled trial study was to evaluate the effect of yogic exercises on life stress and biochemical markers of stress such as blood glucose levels in nursing students. (Smith, J. 2014)

Students of medical universities, especially nursing students, are also under clinical environment stress, in addition to the stress related to theoretical education environments. Hospitals are considered as one of the most stressful working environments where it is the case of human life or death. The tension in these environments can not only lead to low academic achievement but also affect students' personality growth and cause many inappropriate behaviors among them. As the dimensions of general health are associated with all the individuals' daily life and the disorder in any of these dimensions can lead to disturbance in general health, and consequently, individuals' mental health disorder, conducting appropriate interventions to improve each of these dimensions is of great importance. Rezaei *et al*. in their study on investigation of nursing students' mental health in the nursing school of Amol showed that 30.6% of the studied students has mental disorders. Promotion and provision of individuals' health is one of the bases for development in societies. Students' mental health is very important in each society. Students of medical sciences universities, especially nursing students, are under various stresses in clinical environment, in addition to the stress they experience in theoretical education environment. With regard to the importance of nursing students' general health and considering the various existing strategies to promote general health components, use of complementary treatments is more considered because of their better public acceptance, low costs, and fewer complications. One of the new strategies in this regard is laughter Yoga. (Jones, A. 2014)

Statement of the Problem

The statement of the problem is stated as **"EFFECT OF YOGIC INTERVENTION ON PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES OF NURSING STUDENTS".**

Objectives of the Study

1. To characterize the level of Physiological Variables (Breath holding capacity, Pulse rate) of Experimental and Control group of Nursing students.
2. To characterize the level of Psychological Variables (Emotional intelligence, Self-esteem and

Anxiety) of Experimental and Control group of Nursing students.

3. To compare adjusted mean scores of Physiological Variables (Breath holding capacity, Pulse rat) of Experimental and Control group of Nursing students by considering their pre–Physiological Variables (Breath holding capacity, Pulse rate) as a covariate.
4. To compare adjusted mean scores of Psychological Variables (Emotional intelligence, Self-esteem and Anxiety) of Experimental and Control group of Nursing students by considering their pre–Psychological Variables (Emotional intelligence, Self-esteem and Anxiety) as a covariate

Hypotheses

1. There is no significance difference between Physiological Variables (Breath holding capacity, Pulse rate) of Experimental and Control group of Nursing students.
2. There is no significance difference between Psychological Variables (Emotional intelligence, Self-esteem and Anxiety) of Experimental and Control group of Nursing students.

Delimitations

1. The study will be delimited to the female subjects.
2. The subject age ranging between 18-25 years.
3. The study will be delimited to the only nursing student.
4. The study will be delimited to the selected yogic practices.
5. The study will be delimited to the selected psychological, and physiological variables.

Psychological variable:

1. Emotional intelligence
2. Self Esteem
3. Academic Anxiety

Physiological variables

1. Breath holding capacity (negative and positive)
2. Pulse rate

Significance of the study

1. The study may be significant in the following ways-
2. The study will help in nursing students during their academics and professional field.
3. The study will also help to improve the work efficiency during their stress loaded work.
4. The study will help to diagnose the health-related problem in nursing students.
5. The study will provide knowledge about yogic intervention and their health-related benefits.

Chapter II

Review of related literature

Sang Dol Kim (2014) The effects of yogic exercises on life stress and blood glucose levels in nursing students. This study was performed to investigate the effects of yogic exercises on life stress and blood glucose levels in nursing students. The study was a randomized controlled trial. Twenty-seven undergraduate nursing students were randomly selected, with 12 assigned to an exercise group and 15 assigned to a control group. The yogic exercises intervention was undertaken for 60 minutes one day a week for 12 weeks. It consisted of physical exercise (Surya namaskar) combined with relaxation and meditation (shavasana and yoga Nidra). Life stress was measured by the Life Stress Scale for College Students, and postprandial blood glucose levels were measured with a digital glucometer. The exercise group measurements were significantly decreased in both life stress and postprandial blood glucose levels compared with the control group. [Conclusion] These findings indicate that yogic exercises would reduce life stress and lower postprandial blood glucose levels in nursing students.

FO Ozturk (2021) Effect of laughter yoga on mental symptoms and salivary cortisol levels in first year nursing students. This study is a randomized controlled study employing a pre-/post-test design with a control group. A total of 75 healthy university students were assigned to the intervention group and control group. The Brief Symptom Inventory was applied to both groups before Session 1 and after Session 8. Saliva samples were taken from the students to measure their cortisol levels before and after each session. Evaluation of the mean scores obtained from the Brief Symptom Inventory before and after the intervention showed a significant decrease in the scores between groups ($P < 0.05$). In three out of the eight sessions, there was a significant decrease in the intervention group compared with the control group regarding the mean values of pre-test and post-test salivary cortisol levels ($P < 0.05$). Laughter yoga can provide an effective means to help first-year nursing students cope with stress and reduce mental symptoms.

Mehta Manish (2013) "Effect of short-term yoga practices on psychological general well-being in medical students*"* Yoga is assuming importance in improving mental health and quality of life and in the treatment of a number of psychiatric and psychosomatic disorders. Medical students are foundation of the medical profession; hence they must be aware of the alternative and adjunct therapy for the

betterment of their patients. One of the most beneficial alternative therapies is Yoga therapy. Medical students must know how yoga is useful for their patients. Keeping this objective in mind, the present study was conducted on medical students to make them aware what yoga is and to encourage them to incorporate yoga in their life and to use it for the benefits of their patients as an adjunct to the medicinal treatment. The study was conducted on healthy medical students (21 males and 15 females) of age group 17-21 years in the department of physiology, Mahatma Gandhi Memorial Medical College, and Maharaja

Yashwantrao Hospital, Indore. After obtaining an informed consent; and satisfying the inclusion and exclusion criteria, the psychological wellbeing of the subjects was assessed by "Psychological General Well Being Schedule Score (Sajatovic 2003)" on the first day before the subjects started yoga practices. The students performed the yoga practices in the morning for one hour, six days in a week, for four weeks under expert's observation. The yoga practices consisted of Prayer, Omkar recitation, asana, and Pranayama. Psychological wellbeing was assessed using the same schedule score on the last day of yoga programmed. Data thus collected were compiled, tabulated and analyzed by using students' 't' test. There was highly significa0nt improvement in psychological well-being of the students as denoted by p value of KEY WORDS: Psychological General Well Being Schedule Sajatovic 2003 omkar recitation asana Pranayama student's test.

Joice Sheela (2018) “Role of yoga in attention, concentration, and memory of medical students” The processes of attention, concentration, and memory are the main factor in learning. Yoga is an ancient technique which is claimed to enhance physical and mental well-being. Aims and Objectives: The aim of this study is to evaluate the influence of yoga in attention, concentration, and memory of medical students. Materials and Methods: A total of 100 healthy medical students in the age group of 17–23 were considered for the study. They were trained to practice yoga technique for 12 weeks, and their attention, concentration, and memory were assessed using Postgraduate Institute memory scale before and after intervention at Annapoorna Medical College, Salem, Tamil Nadu, India. Results: The results showed statistically significant improvement in attention, concentration, and memory of yoga group ($P < 0.001$) when compared with the control group. Conclusion: This study suggests that after practicing yoga there was a significant improvement in attention, concentration, and memory. These changes may be due to personality development, higher concentration, and reduction of distraction thoughts (mind wandering) due to yoga training.

J Clin Diagn Res. (2017) "Effect of Yoga on Psychological Functioning of Nursing Students: A Randomized Wait List Control Trial" Nursing students experience considerable amount of stress to meet their professional demands. Yoga is an effective practice to reduce stress and improve psychological wellbeing. However, improvement in psychological well-being aids in stress management. To evaluate the effectiveness of eight-week yoga intervention on psychological functioning of nursing students. This was a randomized Wait List Control (WLC) trial, we recruited total 100 students from Kempe Gowda Institute of Nursing, Bengaluru, Karnataka, India and randomized them into two groups (yoga=50 and WLC=50 students). The following instruments were used to collect the data, Freiburg Mindfulness Inventory (FMI), Self- Compassion Scale- Short Form (SCS-SF), Connor–Davidson Resilience Scale (CD-RISC), Satisfaction with Life Scale (SWLS), Jefferson Scale of Empathy HPS-Version (JSE-HPS), and Perceived Stress Scale (PSS). Data was analyzed using Repeated Measures Analysis of Variance (RM-ANOVA) followed by post-hoc Bonferroni correction for all psychological variables. The results of our study report that eight-week yoga intervention was significantly effective in improving self-compassion and mindfulness among nursing students in experimental group than compared to WLC group. Even though there were improvements in resilience, satisfaction in life and perceived stress, results were not statistically significant. Overall, results of the present study have demonstrated impact of eight-week yoga intervention on the psychological functioning of nursing students. Yoga intervention can be inculcated in the nursing education to meet demands of the profession.

Dr Sudharani Banappagoudar et al. (2022) determined the studied of Self-Esteem of Undergraduate Nursing Students: A Cross-Sectional Study. The objective of the study is to measure the self-esteem of the undergraduate Nursing student. The method is used as descriptive approach for the study the sample was drawn using the nonpurposive sampling technique. The sample consisted of the students of B.sc nursing studying in various Nursing Colleges. The total students who participated in the study were 210 of which 1st year 60, 2nd-year 37,3rd year 48 & 4th year 65 students respectively. The questionnaire consisted of two sections, Section A was related to socio-demographic variables, Section B consisted of Rosenberg Self Esteem questionnaires which were implemented on each sample after their willingness to participate. Descriptive and inferential statistics were used to examine the data. The finding of the study is that the 154 (73.3 percent) of student respondents had a normal level of self-esteem, 50 (23.8 percent) had low self-esteem, and 6 (2.9 percent) had high self-esteem. When the students' self-esteem was compared to socio-demographic factors using the chi-square test at p0.05, the connection in the degree of stress variable was discovered. Conclusion of the study is that the self-esteem is the important part for the job

satisfaction. Positive experiences have good self-esteem and negative experience does the opposite. Nurses are the ones who provide comprehensive care for the patients for which a nurse should have good high self-esteem.

Manjushambika Rajagopal et al. (2012) conducted the Study on Effectiveness of Meditation on Subjective Wellbeing, Anxiety and Study Habits of Undergraduate Nursing Students. The purpose of the study was to determine the subjective wellbeing, anxiety and study habits of undergraduate nursing students. The study aimed at teaching Raja- yoga Meditation. Practicing Raja- yoga Meditation reduces anxiety and helps in improving concentration. The method has been designed as Premeditation and post meditation subjective wellbeing status, anxiety level and study habit scores were measured using the Modified subjective wellbeing inventory (modified SUBI =0.787), Spilberger's State Trait Anxiety Inventory (STAI), and study habits questionnaire (r=0.82) respectively.

The sample has been used of First year B Sc Nursing Students of Manipal College of Nursing, Karnataka District, India. The result of the study is revealed that meditation is effective in improving subjective wellbeing status, reducing anxiety and improving study habits among the nursing students.

Sudhir Dnyaneshwarrao Pathare (2017) conducted the study on Effect of pranayama on breath holding capacity, heart rate and exhale capacity of colligate students. The purpose of the study is the to determine the effect of Pranayama on breath holding capacity, heart rate and exhale capacity of colligate students. The method has been used in this study is simple random sampling method. Stop watch was used to measure the Breath holding capacity, Stethoscope was used for counting the heart rate of the subjects and Peak Flowmeter was used to measure the exhale capacity. The data thus collected were put to statistical treatment computing independent 't' test to find out the differences, if any between the pre and post-test. Further the level of significance was set at 0.05.

the conclusion of the study is that it is observed there is significance difference between pre-test and post-test of experimental group in Breath holding capacity, heart rate and exhale capacity. y. There has been not significance difference between the pre-test and post-test control group in breath holding capacity, heart rate and exhale capacity. This study indicated that regular pranayama is beneficial for human health and future generation.

Duraisami (2012) conducted the study on the Effect of Surya namaskar and Physical Exercise on Physical and Physiological Variables among Men College Students. The purpose of the study was to the determine effect of Surya namaskar and physical exercise on physical and physiological variables

among men college students. Method of the study was conducted among forty-five students (N = 45) of college level. Totally 15 subjects were selected for each group i.e., Experimental Group I, Experimental Group II and Control group. The collected data were statistically analyzed by using analysis of covariance was applied at 0.05 level of significance. Conclusion: The findings of the present study proved that the Surya Namaskar Group has definite effect on the improvement of muscular strength, systolic & diastolic blood pressure in terms of mean gain when compared with Physical exercise Group.

Poonam Anand et al. (2018) Evaluate the Effect of Yogic Asanas on Anxiety and General Well Being of Nursing Students. The aim of the study is to determine the effect of yogic asanas practice on anxiety levels and general wellbeing of nursing students. Methods and Material: Thirty female nursing students of 20 to 30 years of age were selected randomly. They practiced a set of six yogic asanas for 6 weeks. Subjects were made to fill in Zung self-rating anxiety scale, Beck anxiety inventory and Psychological general wellbeing schedule before and after 6 weeks of asana practice. The data was analysed statistically using paired-t test. The results showed significant decrease in anxiety scores of Zung anxiety scale and Beck anxiety inventory. There was also significant improvement in general wellbeing scores. Conclusion of the study is that the regular practice of yogic asanas for 6 weeks might reduce anxiety and increase overall well-being among students, making them suitable for inclusion in medical and paramedical curriculums.

Virginia Lemay et al. (2019) conducted a pilot study to determine the Impact of a Yoga and Meditation Intervention on Students' Stress and Anxiety Levels. The aim of the study is to observe the Impact of a Yoga and Meditation Intervention on Students' Stress and Anxiety Levels. The method is used, consist of a 60-minute vinyasa flow yoga class once weekly, followed by guided meditation. For evaluation the questionnaire is used which has self-reporting tool: the Beck Anxiety Inventory (BAI), the Perceived Stress Scale (PSS), and the Five Facet Mindfulness Questionnaire (FFMQ). Students' scores on each were assessed to detect any changes from baseline using the numerical and categorical scales (low, medium, and high) for each instrument. The result of consist of the student's anxiety and stress scores decreased significantly while their total mindfulness increased significantly. Changes in categorical data from pre- to post-intervention on the BAI and PSS were significant, with no students scoring in the "high" category for stress or anxiety on the post-intervention questionnaire. conclusion is Students experienced a reduction in stress and anxiety levels after completing a six-week yoga and meditation program preceding final examinations.

CHAPTER – III
METHODOLOGY

In this chapter, procedure and methods applied in the selection of subjects, selection of variables, selection of tests, competency of the tester, orientation of the subjects, collection of the data, administration of test, statistical procedure is presented.

SELECTION OF SUBJECTS

The purpose of the study is to see the effect of yogic intervention to improve efficiency of nursing student.

For this purpose, the total 50 persons are selected randomly from Hospital. The selected 50 persons are goes under the yogic practice process for the duration of 12 week for 30 minutes. The subjects are from a wide range of age group i.e., between 18-25. Out of the sample of 50, they can be further divided into two groups i.e., experimental group and control group.

SELECTION OF VARIABLES

Dependent Variables

Independent Variables that we are using in this study are:

Physiological variables

1. Breath holding capacity (negative and positive)
2. Pulse rate.

Psychological variables

1. Emotional intelligence
2. Self Esteem
3. Academic anxiety

Independent Variables

Independent Variables that we are using in this study are:

1. Yoga asana
2. Pranayama
3. Om meditation

DATA COLLECTION

The data will be collected based on questionnaires and tests which are useful to measures the effectiveness of yoga interventions on selected physiological and psychological variables.

The data will be collected before and after the yoga intervention and also collected after the 12 weeks of duration.

PSYCHOLOICAL VARIABLES

1. Emotional Intelligence (EIS-SSSS): S. Sarkar and S Sarkar
2. Self Esteem Dr. Rosenberg
3. Academic anxiety scale (AAS-AASSR): P Anjum Ahmed and Roman Shafi shawl.

STATISCIAL TECHNIQUES

Physiological Variables (Breath holding capacity, Pulse rate) and Psychological Variables (Emotional intelligence, Self-esteem and Anxiety) of Experimental and Control group of Nursing students **Descriptive Statistics will be used**.

To compare adjusted mean scores Physiological Variables (Breath holding capacity, Pulse rate) of Psychological Variables (Emotional intelligence, Self-esteem and Anxiety) of Experimental and Control group of Nursing by considering their Pré Physiological Variables (Breath holding capacity, Pulse rate) pre–Psychological Variables (Emotional intelligence, Self-esteem and Anxiety) as a covariate **ANCOVA will be used**.

Level of significance will be set as **0.05.**

Expected outcome

The expected outcome of this study is to evaluate the effectiveness of an eight-week yoga intervention on the physiological and psychological variables of nursing students. It is anticipated that the experimental group, undergoing yoga practices, will show significant improvements in breath holding capacity and a reduction in pulse rate, indicating better autonomic nervous system regulation. Psychologically, it is expected that yoga will positively impact emotional intelligence, self-esteem, and anxiety levels. Yoga practices like asanas, pranayama, and meditation are expected to enhance emotional regulation, self-awareness, and resilience, resulting in reduced anxiety and improved emotional intelligence and self-esteem. The findings will highlight the potential of yoga as a complementary stress management tool for nursing students, improving their Physiological and Psychological health, with implications for integrating yoga into nursing education and wellness programs.

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